

FOOTHILLS CARING CORPS

P.O. BOX 5892
CAREFREE AZ 85377
(480) 488-1105



Upcoming Dates
To
Remember

Volunteer Orientation

May 8
June 10
July 12
9-11 a.m.

Van Training May 15 9-11 a.m.

Classes Held at
Christ Anglican
Church
McGinnis Hall
35500 N. Cave
Creek Road in
Carefree
Call 480-488-1105
to register

Stay Tuned for our CPR Class

FCC Office Hours
Monday - Friday
8:30 am - 4:30 pm

Note: The office
will be closed on
Monday, May 26th
for Memorial Day.

Foothills Caring Corps News

APRIL / MAY 2008

A program of Foothills Community Foundation

Celebration of the Gifts from the Foothills Community

When we have a **huge** success, it feels really wonderful to celebrate. Celebrate was indeed what we did on March 31, 2008. Over 475 people attended the celebration of the 4th Annual Cash & Carry Raffle & Auction at El Pedregal at the Boulders. Foothills Caring Corps is pleased to announce that this year's fundraiser was the best yet with proceeds of over \$120,000.

This year's event had several components that made it successful:

We had 49 Patrons who contributed more than \$1,000 each.

577 Raffle tickets were sold.



Photos by Fr. Steven Dart

"The Taste of the Foothills" food was donated by six local restaurants: Cartwright's Sonoran Ranch House; Tonto Bar & Grill at Rancho Mañana; Eddie V's Edgewater Grille; El Encanto Mexican Restaurant; Carefree Station Grill & Bar, and The Latilla at the Boulders. The response to this new addition to our annual event was overwhelmingly positive.

A portion of the wine and beverages was donated by Brown-Forman.

Over 158 Foothills merchants donated items for the silent auction.

Five local companies contributed \$500+ each for a business sponsorship.



Artist Lance Headlee, live on stage, painted a portrait that produced \$2,000 during the live a u c - tion.



Harry Mathews wowed the crowd with his multi-talented entertainment.

140 volunteers planned, organized, and provided oversight for all facets of the 2008 Cash & Caring Raffle & Auction. The **Chair of the Fundraiser** was **Richard Greene**. Event subcommittees and their chairs included:

- Patron / Sponsor solicitation for funds - Gene Croisant & PJ Pullen
- Auction solicitation for silent auction items - Heidi McFarlin
- Planning and orchestration of the patron recognition event - June Reilly & Marian Abramowitz
- Raffle ticket sales - Jayne Hubbard
- Public relations - Debbie Wainwright & June Wiegand
- Event Logistics - Julie Williamson
- 50/50 Raffle - Pat Bond

You are special!

Thank you for your support!

Your support allows us to plan our acquisition of a handicapped accessible vehicle. Stay tuned!



Helga Tinks

Let Helga introduce herself..."she be crazy Scandinavian wolunteer who happens to tink de Foothills Caring Corp be a very special ting for de people of dis community and de whole darn ting be dependent on all de wolunteers who give der time and resources to make it vork, for sure. Vell, on April 17, Debbra and her vonderful staff put on a tank yew and networking party for said wolunteers, and a good time vas had by all. Ve had vine and sheese and oder snacks along vit a vonderful drawing vere Helga von de best prize. It be yust like a traveling pink flamingo...instead it be two African carved birds dat are so unusual she yust gonna haf ta share dem vit oders. So....de next time der be a tank yew recognition party, ve gonna haf anoter drawing! De vinner of de birds vill haf to tell der tales of de Caring Corp! Helga vill start dis new tradition as de birds are passed! Oh vat vonderful stories ve vill tell! Tanks to all of yew for what yew do ta support de Caring Corp; Yew be special people. Clink 'em, say 'Ya', " Helga

*Thanks again
to all the
special people
and
organizations
who made our
fundraising a
success!*

Speakers Bureau

We have several volunteers and staff on our Speakers Bureau who would love to make presentations to local groups to:

- Talk about services available to community residents.
- Collaborate with local groups to jointly meet the needs of older adults and persons with disabling conditions.
- Outline existing volunteer opportunities to match potential volunteer skills and talents with those open positions.
- Highlight volunteers and neighbors in daily activities and service delivery as captured in 3 video presentations.

To arrange for a speaker, please call 480-488-1105.

Kitchen Korner

Please note we will have a Kitchen Korner for great recipes. This newsletter Marian Abramowitz is sharing 2 terrific recipes.

Enlightened Crab Cakes

1 pound crabmeat
2 egg whites
1/3 cup finely chopped red bell pepper
1/3 cup finely chopped green onions
1/3 cup chopped fresh parsley
3 tablespoons bread crumbs

Shred crabmeat. Mix with all ingredients. Form into eight patties. Refrigerate for 1 hour.

Spray nonstick pan with cooking spray. Heat over medium high flame. Carefully place crab cakes in pan.

Cook 5 minutes undisturbed so crust forms. Turn carefully and cook for another 5 minutes.



Lemon Whipper Snaps

1 box Lemon Cake Mix
1 egg
4 1/2 ounces cool whip, thawed
Confectioner's sugar

Mix first 3 ingredients. Drop by teaspoon into confectioner's sugar. Round slightly onto ungreased cookie sheet. Bake at 350° for 8-10 minutes

This recipe was found in the Beaver County Times in western Pennsylvania 25 years ago. It has been a hit at bridge clubs in Pennsylvania, Missouri, Michigan and now at Terravita.

Rewards in Volunteering

I have volunteered in the Foothills Caring Corps office twice a week for several years and have had the opportunity to see first hand the extraordinary dedication of the staff and the volunteers "in the field." In an environment that is faced with countless requests for help, change of schedules and appointments (as well as new clients needing help), every-

one goes the extra mile to meet the needs of our neighbors—and they do it lovingly. It is a privilege to be a small part of an organization so completely devoted to the needs of others. I leave in the afternoon feeling that there is a lot right about this world we live in!

Diane Straus



Volunteer Shortage Summer 2008



As spring is in full bloom, we've passed our tax deadline and it starts to get a bit warm, we notice several folks leaving the Foothills area to find a cool retreat. Please before you leave, **help us to recruit new volunteers so that we might start a summer list** of volunteers. We usually lose 40% of the volunteers who assist us in the winter. It is

our hope that we might be able to gear up and train 50 new volunteers to assist throughout the summer. This volunteering could include any combination of the various services where we have needs.

- Friendly visiting - 2 hours
- Medical transportation - 3 hours
- Mobile meals - less than 1 hour

- Van driver or van assistant - 4-6 hours
- Respite care - 4 hours
- Office assistance for the Mobile Meals program, Van program, & Medical Transportation program

If we orient 20 people in May, 20 people in June and 10 people in July, we should have enough folks to help us through the summer. For those of you who stay and continue to assist us, **thank you so much.** You know how difficult it is to get volunteers for the summer service needs. If you could also help in recruiting new volunteers, this summer would not be so difficult for each one of us. The next three volunteer orientations are May 8, June 10 and July 12, the second Thursdays of the month, from 9-11:00 a.m. at Christ Anglican Church, 35500 North Cave Creek Road. Please help us keep our summer services running smoothly.

Donations should be mailed to: Foothills Caring Corps P.O. Box 5892, Carefree, AZ 85377

Please consider donating in memory or honor of loved ones or for family & friends

I would like to donate \$ _____

Memory of _____

Honor of _____

Name _____

Address _____

Phone _____

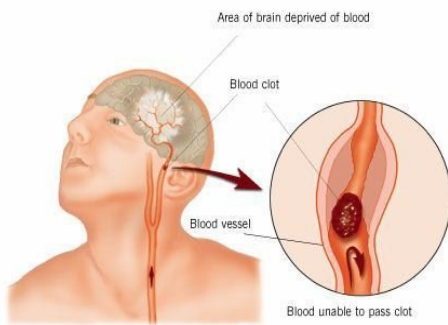
Please send an acknowledgement to :

Name _____

Address _____



STROKE: Remember The 1st Three Letters....S.T.R.



RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR.
Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:


- S** *Ask the individual to **SMILE**.
- T** *Ask the person to **TALK and SPEAK A SIMPLE SENTENCE** (Coherently)
(i.e. It is sunny out today)
- R** *Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call 999 / 911 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke. A cardiologist says if everyone who gets this message sends it to 10 people; you can bet that at least one life will be saved.

Article from Rohm and Haas Company

**Foothills Caring Corps**
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FOUNDATION

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